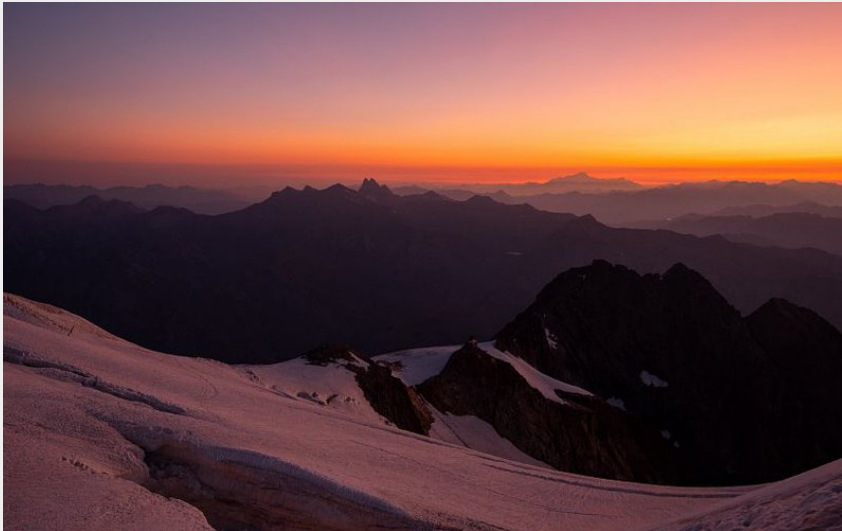
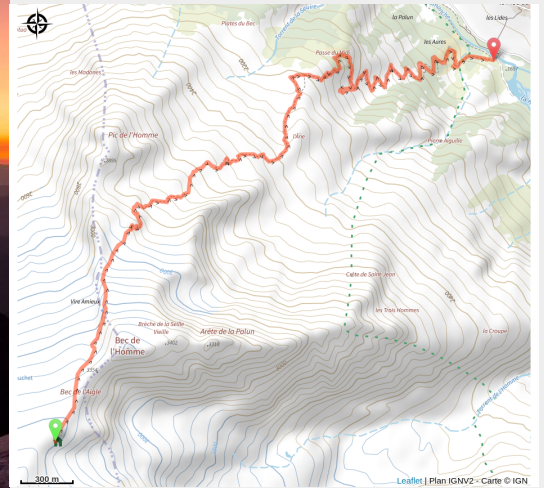


# From Aigle shelter to Villar d'arène (mountaineering)

Briançonnais - La Grave



Lever de soleil sur le Glacier de l'Homme (Thibaut Blais - PNE)



*We leave the Eagle's nest and the high mountains to descend into the valley. Here you can marvel one last time at the 360-degree view of the glaciers and peaks.*

A last look at the north face of the Meije before starting the descent to Villar-d'Arène. During this technical walk, you'll be able to admire the Homme and Tabuchet glaciers, the Pic and Bec de l'Homme and the valley floor, which your steps will gradually lead you to.

## Useful information

Practice : Mountaineering

Duration : 4 h

Length : 6.3 km

Trek ascent : 252 m

Difficulty : Medium

Type : Stage

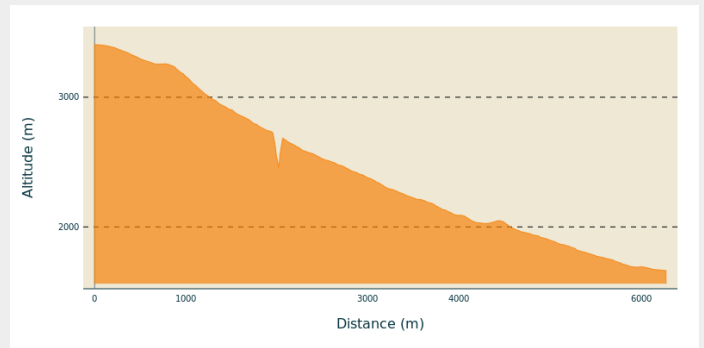
# Trek

**Departure** : Aigle shelter

**Arrival** : Le Pont des brebis

**Cities** : 1. La Grave  
2. Villar-d'Arène

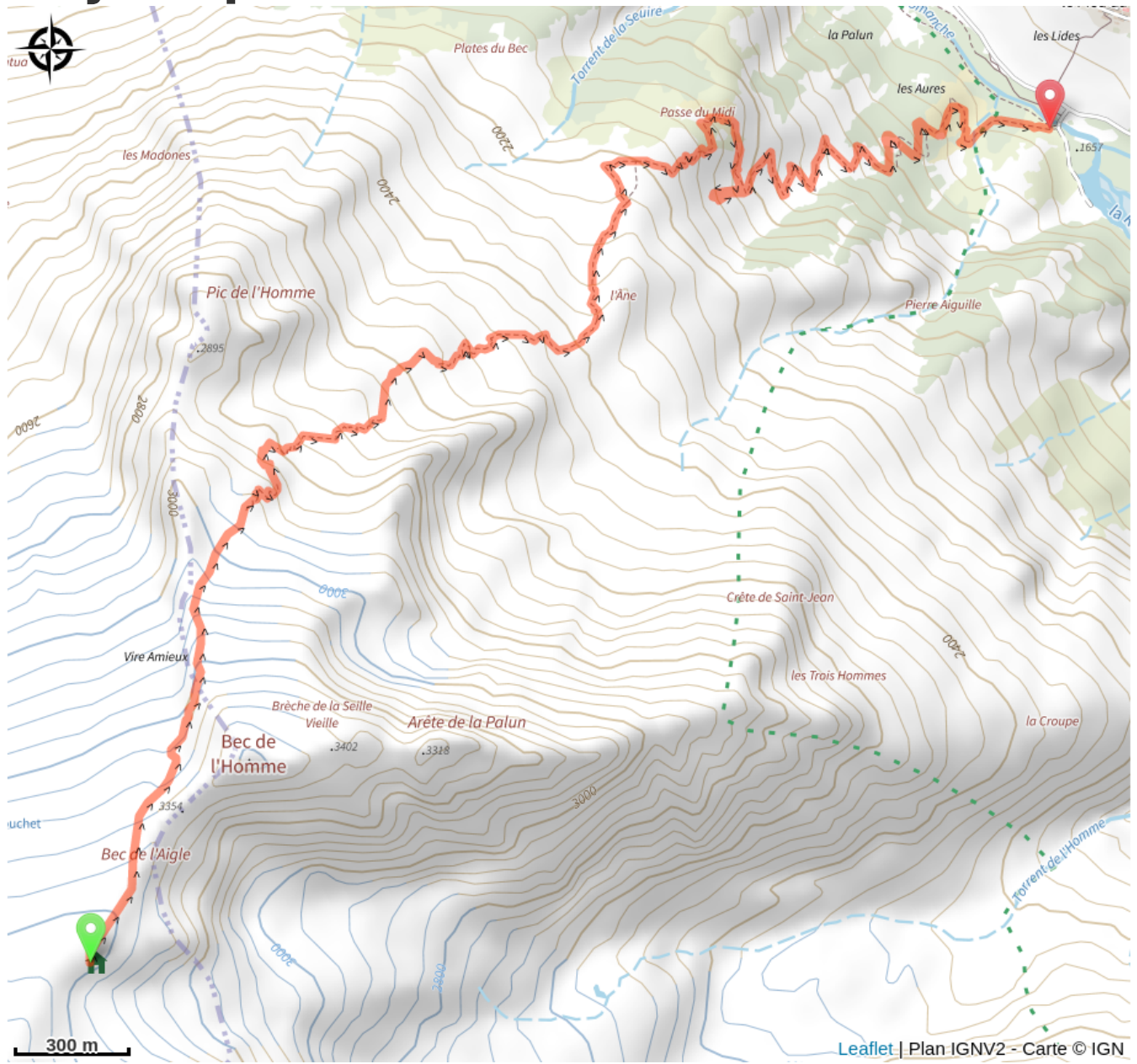
## Altimetric profile



Min elevation 1663 m Max elevation 3407 m

Descent : Via the same route in reverse

# On your path...



# All useful information



## Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.



# Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

## Golden eagle

Sensitivity period: January, February, March, April, May, June, July, August

Contact: Parc National des Écrins  
Julien Charron  
julien.charron@ecrins-parcnational.fr

Nidification de l'Aigle royal

Les pratiques qui peuvent avoir une interaction avec l'Aigle royal en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone !

Attention en zone cœur du Parc National des Écrins une réglementation spécifique aux sports de nature s'applique : <https://www.ecrins-parcnational.fr/thematique/sports-de-nature>

## Source



Parc national des Ecrins

<https://www.ecrins-parcnational.fr>